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1 Visual Function / 2 Breathing In Fight / 3 Proprioception / 4 Joint Angle / 5 Stretch Reflex / 6 Gravity / 7 Motor Unit and Impulse / 8 Scapula/Upper limb / 9 Base Of Support & Movement

This book is not an ordinary text book of fighting sports. The Japanese famous sports doctor who is a specialist in fighting sports, Dr. Futaesaku, by through his own experience and supporting various kinds of fighters, including UFC fighter, K1 champion, Karate world champion. Taking long years research

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and experiment, finally he reached "The Principle Of Human Body & Mind," and "Evidence Of Strength" from medical science point of view. Now he released Fightology book to all the fighters who really wants to be stronger. Research presentation of "Fightology" has a profound effect on fighting world. This is his first public book release in English. This will be the Good News to all of the fighting sports practitioners. Please enjoy the challenging thesis to the world!

The Sand Wash Basin in Northwestern Colorado is famous for the Wild Mustangs that freely roam the 250 square miles set aside to protect them. Many other wild animals share this habitat. The Red Foxes are fun to photograph because of their comical personalities and their fun antics.

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The first comprehensive book on footwork in martial arts covers everything you need to know to take your training to the next level. Footwork Wins Fights goes into great detail on everything you need to know about footwork, from: *Body Mechanics Basic and Clear Rules on how to move efficiently.
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My life only has one purpose, and it's to protect them

Power of The Pros explains in depth the techniques that the worlds hardest hitting fighters use to knock out and dominate their opponents. The book comes with 30 minutes of extensive

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companion videos, accessible on an exclusive webpage. (Link and password include in the book.) Each section explores another way that the worlds greatest boxers, kickboxers, and MMA fighters have used the laws of physics and biomechanics to generate massive power. The concepts are explained in a clear, no nonsense way, with lots of drills and examples to help you put these techniques to good use. The book and videos are from David Christian, lifetime martial artist and creator and producer of The Modern Martial Artist youtube channel. The channel has over 5 million views, with videos featured on The Guardian's webpage and Mixed Martial Arts .com.

The first comprehensive book on blocks, parries, and head movement in

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martial arts covers everything you need to know to take your training to the next level. Aggressive Defense goes into great detail on everything you need to know about defense, from: *Basic to Advanced Blocks, Rolls, Parries, Head Movement and counters. *All Pro Guards and Styles - Cross Guard, Philly Shell, Long Guard, Peek-A-Boo, Low Guard and more. Beginner To Advanced In depth explanations with over 1,000 pictures, from the very basics all the way to advanced counters.*Reference Sections - After each chapter pro fighters are listed that used the techniques shown, along with fights where that technique made a huge difference. If the technique is rare or hard to pull off, specific rounds and even times are given. After learning each technique you can look up the

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fights referenced to see it used by masters like Muhammad Ali, Anderson Silva, Saenchai, Willie Pep, Julio Cesar Chavez Sr., Floyd Mayweather, Conor McGregor, Manny Pacquiao, GSP, Buakaw, Mike Tyson and many more. *Southpaw Tactics (Open Stance Considerations for Southpaws and those that fight them) - Each chapter has pages of information on how the techniques shown are different for Southpaws, along with Southpaw specific counters. Learn which positions leave you least vulnerable and most likely to counter strike and secure takedowns. With over 43,000 words and 1,000 pictures, each technique is laid out in a clear, concise, easy to understand manner. Perfect for Boxing, Kickboxing, and MMA Stand Up.

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Words O Prince 2nd edition, somebody called "Purple Album". Please create or decorate "The One & Only" book cover! New adds: "Purple Arts", & 7 pages of "John Blackwell 4ever" Words of Prince is the ultimate collection of new stories from those that knew Prince best as well as a deep dive into the impact of Prince from "fams" around the globe. Previously published in Japan, this updated English version brings the Prince story full circle in three parts - Prince's words and background, Q&A and special interviews and conversations. Compelling and creative new artwork and photography adorn the pages while author, Takuya "Takki" Futaesaku, takes us inside the "purple world" with insider knowledge from his time with Paisley musicians as a music doctor in Japan and his

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deep friendship with Prince's drummer, the late John Blackwell for whom the book is dedicated alongside Prince. Takki talks with Duane Tudahl, Heidi Vader, David Rusan and Jacqui Thompson as Q&A, while Tony M, Morris Hayes, Marva King, Steve Parke St. Paul Peterson, Speech, Tamar Davis, Lenka Paris, Greg Boyer and Nik West provide a behind the curtain look at what it was like to work and collaborate with Prince. The book takes us behind-the-scenes in chapters full of love and respect along with many surprises throughout. Words of Prince is a "must have" for any Prince "fam" and follower. more information: Facebook "Words Of Prince Group" Inside: Black & White Note: NOTE: Words Of Prince is created for fams, by fams, and "the Estate of Prince Rogers Nelson is not

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A Samurai arrives in England intent on conquering the world of London Prizefighting. But there is much more to the young warrior Datte than at first meets the eye. Haunted by the ghosts of his past and spurred on by the hope of saving someone he loves, Datte must master the brutal, beautiful art of Boxing or die trying. In front of him lies his first challenge, but many more will come. Written by David Christian, creator of the popular youtube channel The Modern Martial Artist and author of the best selling technique book

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Footwork Wins Fights, Mortal Weapons is the beginning of an epic journey that spans multiple continents and showcases several unique and diverse disciplines. Illustrated by Emon Maki Rashid, full-time karate instructor and artist. Utilizing his knowledge of traditional martial arts along with his art skills allowed him to draw the dynamic movements of Mortal Weapons. Mortal Weapons seamlessly blends the feel of a classic Kung Fu Movie and a Sports Anime. It showcases real techniques and strategies used by the worlds greatest fighters today, while emerging the reader in a narrative full of drama, humor and violence.

I lived in the darkness for so long.No life. No choice.The devil owned me, body and soul-but not my heart. It was

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the only part of me which could never be claimed.....or so I thought. Viktor weaved his way into my heart and imprinted on my soul. He made it clear he was there to stay. Even when the darkness blinded us, he never left my side. What we shared was sweet, untamed, and wild. But it was forbidden, dangerous, and the outcome would only be painful. A game is being played. The arena is a bloodbath, and the Game Masters are brutal. In the end, only one will survive. Only one King will be left standing.

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